



Newsletter #2

6th December 2008

- **2nd TWILIGHT MEETING**

The 2nd & final twilight meeting for the season will be held next Friday 12th December starting at 6:00pm. A modified Program 2 will be run.

- **ON TRACK**

Today is the final On Track session for our Under 6 athletes. From next week they will be integrated in to the full program and will be competing in either 4 or 5 events each week. After the Christmas break, a flyer will be issued with their program for the rest of the season.

- **UNIFORMS**

All athletes should be wearing correct Team uniforms each week ie. Team T-shirt & plain black shorts/bum huggers/bike shorts. SKINS or leggings are not part of the TEAM or CENTRE Uniform and are **NOT** to be worn at weekly or Region/State Competitions.

- **EXTRA COMPETITION DAY**

A Competition day (Program 2) will now be held on **Saturday 14th March 2009** as the State Track & Field Championships will now be held on Saturday 21st & Sunday 22nd March 2009.

- **REGION & STATE TRACK FIELD U7-15**

Forms for Region / State Track & Field will be given out today and need to be returned to your Team Table by Saturday 20th December. The Region championships will be held here at Essendon on February 14th & 15th. We will need parental help not only out on the track at events but in the canteen and on the gate collecting entry fees.

- **KEILOR COMPETITION DAY 17/01/09**

The first competition day for 2009 will be held at Keilor Park Athletics Track, Stadium Drive, Keilor Park. (Melway 15 B 5) on Saturday 17th January. Last season Keilor athletes were invited to compete with us here at Essendon in friendly competition. This season it is Keilor's turn to host this event. You will need to arrive by 8:45am for a 9:00am start. Check our website closer to this date for the Program of events.

- **JUMP PITS**

We apologise for any inconvenience caused due to council works on the jump pits over the next few weeks. This was the only time the works could be scheduled. The jumping events may be swapped for an extra running race or additional throwing event.

- **PB CERTIFICATES**

McDonalds PB Certificates are awarded to U6-8 athletes who achieve 3, 4 or 5 PB's and U9-15 athletes who achieve 4, 5 or 6 PB's on the one day. So far over 160 certificates have been given out.

- **WEBSITE**

Look at www.elac.com.au for weekly results, forms, PB lists and news.

- **RELAYS**

Congratulations to all athletes who participated in the Region relay championships held at Coburg. 23 U9-15 Teams have qualified to compete at the State championships next week. The following U7-8 Teams won medals at Region:

Gold: GU7 4x100m, Mixed U7A 4x100m

Bronze: BU7A 4x100m, BU8 4x100m

- **STATE MULTI CHAMPIONSHIPS**

These championships are being held in Warrnambool on Saturday 31st January (GU9-12, BU9-11) & Sunday 1st February 2009 (BU12-15, GU13-15). Forms are available on the ELAC website though you can enter directly online at www.vlaa.com.au by clicking on the State Multi icon. Payment needs to be made at your Team Table by 20th December 2008.

- **McDONALDS U6-10 On Track CLINIC**

VLAA in conjunction with McDonalds is holding a free clinic for U6-10 athletes on Wednesday 14th January between 9:30am & 2:30pm at Doncaster Athletics Track. Entries close Friday 19th December and must be done online at www.vlaa.com.au.

- **CHRISTMAS BREAKUP**

Our final competition morning for 2008 will be held on Saturday 20th December. On this morning the Christmas Raffle will be drawn. We thank everyone who has donated a gift for the hampers & encourage everyone to be involved by buying a raffle ticket.

**We would like to wish everyone a
Very Merry Christmas & a Safe
and Happy New Year.**



ELAC Committee